



Resilience is a mental muscle – a set of skills to help prevent, stand up to and bounce back from life's challenges and major changes, without getting overwhelmed.

Building Resilience

You can learn skills to strengthen your resilience.



Take care of your body.
Eat healthy, stay active and make sleep a priority.

Be present. Focus on your thoughts, feelings and sensations in the moment to become more aware of what's important to you.

Be more optimistic.
Acknowledge negative feelings but focus on the positive. Express gratitude. Be more flexible with change by focusing on things you can improve.

Find purpose. Volunteer, help others or connect with a faith community. Work on your goals. Learn from challenging events.

Build connections.
Nurture strong, supportive relationships.